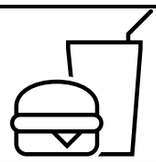
# CENTENNIAL TODAY

## November 2, 2026 - Day 1

**To speed up the process of serving you at lunch:**
**1. Please leave your backpacks or bags in your locker or outside the cafeteria service area**
**2. Please read the menu in the Centennial Today before entering the lineup**
**3. Use hand sanitizer before entering**
**3. Have your payment ready before you order**
**4. No touching items that you are not going to buy**
**5. Only those buying are permitted to enter the lineup. This will help speed up service.**
**6. No cutting into the line. Please wait your turn and line up in an orderly manner.**



# LUNCH MENU



Soup: Small $2.50, Medium $3.75 Large: $5.75

Split Pea & Ham

## AM Break

Bacon & Egg Breakfast Wrap $3.25

## Lunch

Grilled Cheese $5.50

BBQ Beef Smash Burger $6.50

Korean Chicken Wrap $6.00

Poutine $6.50

Pierogies with Fried Onions, Sausage & Sour Cream $6.00

# ALL STUDENTS

**Flex Login:**
**Log in: 076-email address**
**Password: cent2026**
**(You will be prompted to change this after you log in)**
**If you still cannot log in, please come down to the tech centre (in the library) to see us for support.**

**Everyone has a responsibility** for looking after our facilities at Centennial.

**If you see an issue with any of our washrooms, or any other concern, please report it.**

No toilet paper or soap… report it!
A mess on the floor… report it!
Vaping…report it!  Damage…report it






## DONUTS



Krispy Kreme donuts on **Monday (Nov.2)**. It will be during lunch in the cafeteria area. This will be for fundraising for the robotics club for entry fees and materials.

Prices are:
$1.50 / donut
$4.00 / 3 donuts
$8.00 / 6 donuts
$15.00 / 12 donuts (dozen)



**Donuts will be delivered approximately one week later, the week of Nov.10th.**

## Language Challenge Exams

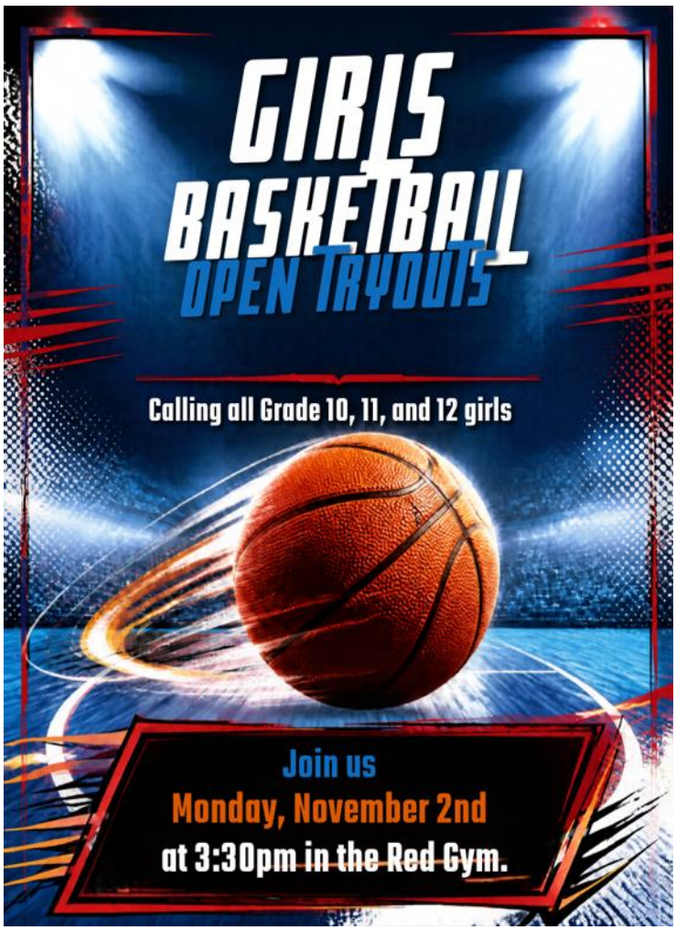
Are you a student who is fluent in Farsi, French, Japanese, Korean, Mandarin, Punjabi, or Spanish? If so, there is an exam that could give you credit for the Grade 11 or Grade 12 level, if you have not already received credit for these courses.
If you have interest in these exams, please see your Counsellor. The deadline to apply for these exams is **November 6th.**

# SPORTS



### Girls Lacrosse

The Centennial Girls Lacrosse Team will have an informational meeting and sign-up on **Tuesday, November 3rd at LUNCH** in **classroom F103**. We are looking for new and experienced players! Come find out about the season and consider giving Canada's official sport a try.
For more information, email Ms. Murray at kemurray@sd43.bc.ca










Volleyball intramurals are starting soon and sign-ups are happening right now! Find a group of 6-8 people to play at lunch.  Scan the QR code to create your team!

# Go Centaurs

# CAREER CENTRE

**@cent43careercentre**

**Employment/volunteering – Post Secondary Information- Scholarships & Awards – Trades Training**
Mrs. Healey Wright, your Post-Secondary and Career Advisor, is on site Monday, Wednesday, Thursday and Friday 8:00am – 3:30 pm. email dhealeywright@sd43.bc.ca

## GENERAL

**COQUITLAM CHRISTMAS NIGHT MARKET VOLUNTEERS**
What: Coquitlam Christmas Night Market is looking for volunteers for various positions: for example: cashier/floater Where: Evergreen Cultural Centre (1205 Pinetree Way, Coquitlam) When: November 29, December 11, December 12, 2026
**Apply**:
https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2…
Coquitlam Christmas Night Market Volunteer Signup form
Event Address: 1205 Pinetree Way Contact bettybakes604@gmail.com







Fire Academy info session, FRIDAY NOVEMBER 6TH IN THE LIBRARY.

## Scholarships

## Newly opened - Schulich Leader, Kin Canada Bursaries, SPEAT BC Finances & Awards

### UBC Black Futures

The Black Futures program is a unique opportunity for **Gr. 11 and 12 Black students** from across Greater Vancouver to be introduced to post-secondary options and discussions about higher education.
**If you are interested, please see your Post Secondary and Career Advisor by November 6th**, so that your name can be added to the list—there are only 10 spots available, so don't wait!

## GRADE 12's

## BEEM BURSARIES

The Purple Cap Awards | Beem Credit Union

Some adjudicated, some random draw. Review eligibility. Due Nov. 30th, 2026.

**SFU UGGLA Family Scholarship available now.** UGGLA Family Scholarship Application HERE
Deadline: January 18th, 2027, Value: Up to $170,000 over eight full-time academic terms Eligibility: Students who become Uggla Family Scholars will demonstrate strong academic and leadership potential. The scholarship program supports 10 exceptional students per year to study at SFU who may not otherwise be able to afford an education.

The program reserves scholarships for those who identify as Indigenous, are Black or a person of colour, are living with a disability or are a member of the LGBTQIA2S+ community. The Uggla Family Scholarship is open to all Canadian/Domestic students and is designed to significantly reduce financial and other barriers to participation in post-secondary education.

**The Society of Punjabi Engineers and Technologists of British Columbia (SPEATBC)**
Value: $1,000 Deadline: December 30, 2026 Scholarships are available in several categories, including:

- Academic Excellence
- Financial Need
- Community Leadership and Volunteerism
- Immigrant/Newcomer Student Achievement

Application Package and Details: https://speatbc.org/scholarship Download Fillable application here

Education Planner BC - Events page
Event calendar | EducationPlannerBC | EducationPlannerBC

**See Yourself at SFU**
Saturday, November 14 | 1:00–4:00 p.m.
SFU Burnaby campus - Details:
https://www.sfu.ca/students/admission/tours-events/events/seeyourself.html

**Queen's University - Major Awards**
Future Students Major Admission Awards | Registrar & Financial Aid Services
Note: Students who want a nomination for the Queen's Chancellor Award (90%+) must speak to their counsellor and submit a brag sheet to Mrs. HW by Nov. 2nd @ 3:30pm
Centennial may nominate up to 3 students.

**FREQUENTLY USED LINKS - POST-SECONDARY**
Home | EducationPlannerBC for information about BC schools
myBlueprint.ca | Home to look at schools across Canada.
Order Transcripts (Basic BCeID and Student Transcript Service)

# Centennial Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| BLOCK 1<br>7:45 - 8:53 | BLOCK 1<br>7:45 - 8:53 | BLOCK 1<br>7:45 - 8:53 | BLOCK 1<br>7:45 - 8:53 | BLOCK 1<br>7:45 - 8:53 |
| BLOCK 2<br>9:00-10:12 | BLOCK 2<br>9:00 – 10:03 | BLOCK 2<br>9:00-10:12 | BLOCK 2<br>9:00 – 10:03 | BLOCK 2<br>9:00 - 10:12 |
| | ExFLEX<br>10:07 – 11:12 | | CENT TIME<br>10:07 – 11:12 | |
| BLOCK 3<br>10:16-11:28 | | BLOCK 3<br>10:16-11:28 | | BLOCK 3<br>10:16-11:28 |
| Lunch<br>11:28 – 12:13 | BLOCK 3<br>11:16 – 12:19 | Lunch<br>11:28 – 12:13 | BLOCK 3<br>11:16 – 12:19 | Lunch<br>11:28 – 12:13 |
| BLOCK 4<br>12:13 – 1:25 | Lunch<br>12:19 – 1:05 | BLOCK 4<br>12:13 – 1:25 | Lunch<br>12:19 – 1:05 | BLOCK 4<br>12:13 – 1:25 |
| | BLOCK 4<br>1:05 – 2:08 | | BLOCK 4<br>1:05 – 2:08 | |
| FLEX<br>1:29 – 1:59 | | ADVISORY/FLEX<br>1:29 - 1:59 | | FLEX<br>1:29 - 1:59 |
| BLOCK 5<br>2:03 - 3:15 | BLOCK 5<br>2:12 - 3:15 | BLOCK 5<br>2:03 - 3:15 | BLOCK 5<br>2:12 - 3:15 | BLOCK 5<br>2:03 - 3:15 |

Book your FLEX and CENT

SCAN ME